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● CONSUMER NOTES

CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME III, NUMBER 35

JAN 10 1941

January 6, 1941.

THE CONSUMER HELPS THE FARMER

"How much consumers contribute to farm welfare rests on their ability to buy farm products," declares Donald E. Montgomery, Consumers' Counsel of the U. S. Department of Agriculture, in his annual report just made public.

"Great differences exist between per capita consumption of upper- and lower-income families. Underconsumption of foods by the latter is perhaps the most serious of farm problems. If all families could enjoy freely chosen diets of a kind that could be rated 'good' nutritionally, consumers would need 15 to 20 percent more dairy products, 35 percent more eggs, and 70 to 100 percent more of citrus fruits and certain vegetables.

"The ability of the majority of consumers to buy the farm products they need hinges not only upon their incomes, but upon their ability to purchase these products at lowest possible cost. Food expenditures are the most necessitous in their cost of living. In 1935-36, the lowest third of American consumers spent 50 percent of their income for food, but even with that outlay they contributed only 13 percent to the Nation's total of food purchases. Forty-five million consumers, it is estimated, were getting diets that were below the safety line for good nutrition and protection of health...

"Farmers have another stake in consumer welfare, their own consumer interest. They are food consumers, too. Not only does the average farm family's expenditures for living purposes account for more than half of its total outlay for living and productive operations, but, as with the city family, its expenditure for purchased foods is the largest single item in the budget. Sixteen percent of the total outlay of the average farm is estimated to have been spent for purchased food in 1935-36. Second to food was purchased clothing which accounted for 9 percent, followed by feed, seed, and fertilizer purchases accounting for 8 percent. Like city families again, farm consumption of many kinds of foods would be much greater if all farm families were able to enjoy a diet above the safety line. About 25 percent of the non-relief farm families do not enjoy that diet. If they did, they would consume each year, among other things, half a billion gallons more of milk, nearly a billion pounds more of tomatoes and citrus fruits, and 2-1/2 billion pounds more of various vegetables."

CHECK UP ON FURNITURE JOINTS

Framework of all furniture has joints where legs, arms, body, and reinforcements are fastened together. "In the very lowest grades of furniture," writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of

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the U. S. Department of Agriculture, "those joints will be merely nailed together, with perhaps a dab of glue put on to keep the piece in place. That sort of construction is worthless."

"Then you will find pieces secured only with screws. This construction is a distinct improvement over nails, but still represents a definite risk, no matter at what price you buy it.

"There are 2 kinds of joints which really meet most standards of good furniture construction. The first kind is the mortise and tenon.

"To get the simplest picture of a mortise and tenon joint, place the knuckle of the middle finger of your right hand between the knuckles of the third and fourth fingers of your left hand and when this type of joint fits perfectly, and a proper glue is used, the chances of the joint giving way are slim.

"The second kind of well-constructed joint is called the dowel. The dowel is nothing more than a wooden peg used to join 2 pieces of wood together which have previously been drilled with openings the exact size of the peg. Both the holes and dowels are swabbed with glue, and the dowel inserted. The best kind of dowel has spiral and longitudinal grooves cut into it to reinforce its hold. A steel dowel -- which is a kind of over-sized nail -- should be avoided.

"There are 2 schools of thought on this feature of a piece of furniture, one favoring the dowel construction, the other the mortise and tenon. Both types, properly used, mean good workmanship in furniture, and in a well-made piece you often find them in combination. Sometimes screws are used to reinforce them, in which case the screws do not mean cheapened construction."

ON THE AIR

You will learn all about potatoes, how to judge them, what varieties to buy, what their food value is, if you tune in to CONSUMER TIME, weekly radio broadcast for consumers, on Saturday morning, January 11, at 11:15 A.M., Eastern Standard Time.

Consumer reporters on the program, telling of results of research by experts in the Department of Agriculture, will, in addition, bring listeners tips on bath towels, and information on how to get your money's worth when you buy them.

Also on the broadcast will be the "Consumer Honor Roll" of the week, naming the consumer group which that week had done outstanding work in making consumers better equipped and better informed buyers. Donald E. Montgomery, Consumers' Counsel of the Department of Agriculture, will talk on a subject of interest to all consumers.

The program, a regular Saturday morning feature of the Red Network of the National Broadcasting Company, is sponsored jointly by the General Federation of Women's Clubs, and the Consumers' Counsel Division of the U. S. Department of Agriculture.

VOLUME III, NUMBER 36

JAN 10 1941

January 13, 1941.

START A CONSUMER MARKET NEWS SERVICE

"Throughout the country, consumers are now asking how they can go about getting a consumer market news service in their city -- a service that tells consumers daily by radio what fruits, vegetables, and other foods are most plentiful on retail markets," writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture.

"The recipe for such a service calls for (1) accurate and up-to-the-minute facts about foods available in the locality; (2) accurate knowledge of food values; (3) ability to make these facts and this knowledge understandable in simple form to busy consumers; (4) time on the air."

Consumer organizations that want to get a consumer market news service in their city are recommended to follow these lines:

"First, you should work up a tentative outline of the kind of consumer market service you want in your city.

"A committee from your organization should present the tentative program to various agencies which are in a position to cooperate through providing assistance in securing information, radio facilities, and in making the broadcast known to the homemakers.

"If there is a Federal market reporter in your city, discuss the plan with him. If not, write the Agricultural Marketing Service in Washington to review your plans. Your plans should be presented to other agencies such as WPA authorities, the head of the home economics department of the school system, representatives of the State Extension Service, and if they exist, your State Department of Markets or your City Department of Markets. The local Chamber of Commerce, farm organizations, and organizations of dealers in farm products should be able to provide valuable assistance.

"It's then time to call together a working committee to put the consumer market service over. This working committee should be made up of consumer representatives and persons from every agency and organization that has expressed an interest in the project. Such a committee should then consult with responsible city authorities."

How an actual consumer market service looks in operation is told in an article in the CONSUMERS' GUIDE, "Broadcasting Food Facts." The article, which describes the market service in New York City, is available without charge by writing the Consumers' Counsel Division, U. S. Department of Agriculture, Washington, D. C.

HOW TO BUY A BROOM

It pays to examine the fibers in brooms before you buy, says the Consumers' Counsel Division of the U. S. Department of Agriculture.

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• CONTEMPORARY NOTES

"Brooms are made of broomcorn -- which looks like stiff straw -- and of palm fiber, especially Chinese palm fiber.

"In a broomcorn broom, look to see if there is a mixture of curly and rough fibers. Best quality will have only a few fibers with split ends, and the splits will be short.

"The Bureau of Home Economics says a palm fiber broom will last several times longer and will be more satisfactory to use than broomcorn brooms, though they cost more. For one thing, they don't flip up the dirt and dust so much when you sweep. They wear down more evenly.

"You can tell a Chinese palm fiber broom by the metal jacket attached to the handle into which the fibers are set. When the fiber wears down, the metal jacket can be removed and the rows of stitching and binding that holds the fibers together can be ripped out to get more wear from the broom. If you buy a palm fiber broom, pick a light weight one, and one with long fibers.

"Dipping palm fiber brooms in water once a week will help preserve the fiber. Hang them to dry on the handle end, never on the sweeping end. Do not wet broomcorn fibers."

ON THE AIR

CONSUMER TIME, the weekly consumer radio broadcast that tells you how to buy and how to make your dollar go further, will bring listeners facts on soaps and scouring powders, and information on how to pick oranges for juice, during its broadcast on Saturday morning, January 17.

The broadcast goes on the air at 11:15 A.M., Eastern Standard Time, over the Red Network of the National Broadcasting Company. It is sponsored jointly by the Consumers' Counsel Division of the U. S. Department of Agriculture and the General Federation of Women's Clubs.

Donald E. Montgomery, Consumers' Counsel, will also be heard in his weekly statement to consumers.

SCHOOL CHILDREN GET MILK FOR A PENNY

"School bells had been ringing only a few weeks this fall for over 128,000 New York school children in the poorer areas of that metropolis when their teachers announced a new plan for wise penny spending" writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture.

"For a penny, these children were told, they could get a half-pint of milk every day. That was a bargain price, 3 to 4 cents lower than what they had been paying.

"Penny milk" was a new idea made possible by the cooperation of Government, milk producers, and distributors. It was tried out for 3 weeks last June when Federal and local officials in the city of Chicago experimented with the idea in some 15 representative schools. There the record shows an admirable appetite among the younger generation for milk when it was brought down to the price level of sweets and marbles.

"Before the plan went into operation in Chicago, from 40 to 90 half-pints of milk were purchased each day in each of the 15 schools at prices that ranged from 3 to 5 cents for a half-pint. After the advent of penny milk, purchases increased to an average of 487 half-pints a day for each school. Depending on the school, from 5 to 12 times more milk was purchased by the children when the price was lowered.

"It is still too early to tell the results of the New York experimental try-out of penny milk. First statistics to emerge, covering 34 of the schools, showed that after only 4 days of the plan, about 4-1/2 times as many children were buying milk at school as before inauguration of the experiment. Before, 4,776 children--about 7 percent of the total--bought milk. After, 22,963--more than a third of the total--were buying milk. The same picture that resulted in Chicago is appearing in outline from the New York experiment!"

REDUCE IF YOU MUST--BUT WATCH YOUR DIET!

Watch what you eat as well as how much you eat if you are putting yourself on a reducing diet, advises the Consumers' Counsel Division of the U.S. Department of Agriculture, quoting Home Economics experts in the Department.

"Before you even begin to diet, visit your doctor and get his advice," says the Counsel. Expert advice--not amateur guesswork--is needed to be sure you will be getting all the right nutrients in required amounts when you begin to cut down on your eating. Whether you are trying to lose or to add a few pounds, you shouldn't cheat your body of the minerals, vitamins and protein it needs.

"Lose or gain, grown-ups on a diet should get a pint of milk every day. This doesn't have to be whole milk, it can be buttermilk or skim milk, which contain all the calcium--but without the butterfat--of whole milk.

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"Also include in your diet tomatoes or citrus fruit, like oranges, grapefruit, or lemons. Eat some green leafy vegetables every day, such as kale, chard, collards, mustard greens. Or choose 'yellow' vegetables, like carrots and squash, or green vegetables like broccoli and green peas. Those are the protective foods that should not be cut down on.

"The things not to eat in excess if reducing are the energy foods, which become fat when they are not used by the body. In that class go cereals, bread, excess quantities of butter, corn, potatoes, creams, sauces, gravies, nuts, salad dressings, and all things cooked in fats. Fruits are better than candy, sweets, cakes, pies or nuts for desserts and between-meal snacks.

"Eat just as much meat, fish, and poultry as you normally would, but stick to the lean portions of meat."

TELLING THE DIFFERENCE IN FLOUR

Gluten makes the difference between flour for bread and flour for cake and pastry, inform experts in the U.S. Department of Agriculture. The quality as well as the quantity of gluten determines the purpose for which the flour is best suited.

"Flours most suitable for bread making have relatively more gluten and less starch than those best suited for pastry and cake," say these experts. "Gluten gives dough its elastic character, and holds it together when it rises.

"'Special cake flour'--selected from flours best adapted for cake making--is highly bleached to weaken the gluten present in it. Pastry flour is made from soft wheat and has a relatively low quantity of gluten. This latter kind is not bleached purposely to weaken the gluten, but to give it a whiter color. So-called 'all-purpose' flours are a compromise between 'strong' or bread flour and 'weak' or cake flour.

"Flour from soft wheat, best for cakes, has a soft velvety texture. Hard wheat flour usually is more gritty. Rub a pinch of the flour lightly between your thumb and finger to feel whether it is smooth or gritty. Or squeeze a handful of flour tightly in your fist and then note if the flour remains in a mold and shows your fingerprints. If it does, it is a soft flour."

A free bulletin of the Department of Agriculture, "Home-made Bread, Cake, and Pastry," has more information about flour. You can get a copy by writing U.S. Department of Agriculture, Washington, D.C., and asking for Farmers' Bulletin No. 1775.

ON THE AIR

Tune in to CONSUMER TIME, weekly radio broadcast for consumers, on Saturday morning, January 25, at 11:15 a.m., Eastern Standard Time, for simple tips on what to look for when you buy men's and boys' cotton shirts. Also on the program will be information on how to buy dog food for the family pet.

The broadcast is heard weekly over the Red Network of the National Broadcasting Company. It is sponsored jointly by the Consumers' Counsel Division of the Department of Agriculture, and the General Federation of Women's Clubs.

CONSUMER NOTES

CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

Volume III, No. 37

January 27, 1941

SOME LIGHT ON LIGHTING

"Be sure, when you buy bulbs, that you get ones that have been made for the voltage of the electric power system in your community," advises the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. "The voltage of an electric light bulb is always marked on the end of the globe along with the wattage.

"Higher wattage electric light bulbs may be better buys than low wattage bulbs, and cheaper to operate. One 100-watt bulb gives as much light as 2 of 60 watts or 6 of 25 watts. The original cost of the 100-watter is approximately 15 cents, while the 2 60-watters will cost about 26 cents, and the 6 25-watters will cost about 60 cents.

"Inside frosted bulbs and clear glass bulbs give the same amount of light. The former are less apt to produce glare, although frost on the inside of a bulb is no substitute for a shade or diffusing bowl. Silvered bowl electric light bulbs are those that are silvered on the bowl end. This silvering, which does not tarnish, makes a reflecting bowl out of the lower half of the bulb. Used, bowl down, in a room with a light-colored ceiling, the silvered bulb provides a kind of indirect lighting all by itself.

"Bulbs or shades which color light are all right if you're using them for ornamental purposes. But if you don't want the special effect they give, use regular bulbs and shades. The colored varieties give less light for the same number of watts and give unnatural colors and effects in the room and its furnishings.

"Blue daylight bulbs which cost more money than the ordinary kind and which must be used in larger sizes to get the same light have one advantage; they give a light resembling daylight. For that reason they are used where matching colors accurately is important.

"Dust on electric light bulbs, shades, or diffusing bowls cuts down on the light without cutting down on the cost of electricity. By keeping bulbs, bowls, and shades clean, you increase the light and save on the bill."

ON THE AIR

CONSUMER TIME, the Saturday morning broadcast for consumers, will bring listeners facts about women's hosiery and information on laxatives, during the February 1 broadcast, at 11:15 A.M., Eastern Standard Time.

Donald E. Montgomery, Consumers' Counsel of the Department of Agriculture, will talk during the 15-minute broadcast, and will announce the "consumer honor roll of the week," which every week names an outstanding consumer group in the country. (Cont'd.)

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The program is under the joint sponsorship of the Consumers' Counsel Division and the General Federation of Women's Clubs. It is a regular sustaining feature of the Red Network of the National Broadcasting Company.

KNOW YOUR BEEF CUTS BEFORE YOU COOK

"Low-cost beef cuts are as nutritious as the high-cost cuts," informs the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. "The less expensive cuts can be made just as tender and appetizing as the more expensive, if they are cooked properly.

"Tenderness of the cut and amount of fat or lean determine how it should be cooked. Beef roasts and steaks from rib and loin are tender. Less tender are beef chuck, brisket, plate, rump, round, and flank." When you buy, select the cut you can afford and then decide how you are going to use it by checking with the table below showing how beef cuts, cut according to the 'Chicago style,' should be used.

CUT	USE
Low-Cost Cuts:	
Shank (including bone)	Soup, stew.
Plate, fresh or corned. . . .	Stew, boiling meat.
Brisket, fresh or corned. . . .	Boiling meat, stew.
Fore shank.	Soup, stew.
Neck.	Stew, mincemeat, meat loaf.
Medium-Cost Cuts:	
Chuck blade	Pot roast, stew.
Chuck	Pot roast, stew.
Heel of round	Stew, pot roast.
Full round.	Minute steak, Swiss steak, pot roast, stew.
Boneless rump	Pot roast, corned.
Flank	Braised steak, stew.
Chuck round bone.	Pot roast, stew.
High-Cost Cuts:	
Prime rib roast	Roast.
Blade roast	Roast.
Sirloin	Broiled steak, roast.
Porterhouse	Broiled steak.
Other Edible Parts:	
Heart	Stew, stuffed, braised.
Kidney.	Stew, meat pie.
Liver	Fried, braised, liver loaf, liver paste.
Tongue, fresh, corned, pickled, smoked	Boiled.
Tripe, fresh, pickled	Broiled, fried, creamed.
Oxtail.	Stew, braised, soup.

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VOLUME III, NUMBER 39

February 3, 1941.

A GOOD DIET HAS THESE THINGS

"Pin a food expert down, and he'll admit there is no one perfect diet plan to fit everybody's need," writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture.

"Every food we eat makes some contribution to health. Some contribute more than others. That's because they're richer in certain nutrients bodies need. Some 3 dozen nutrients are needed to help bodies grow, resist disease, digest foods, carry strain, and give bodies spring and joy.

"First rule in meal planning is to know what different foods are good for. The easiest way to remember that is to think of 4 groups:

"1. Milk and cheese: Put these at the top of every diet plan, because milk and the things made from it are princes among foods. Milk and its products are triple-acting foods: They help to build bodies; they help to make bodies operate more efficiently; and they give bodies energy. They do these jobs at a low cost, compared with the cost of getting the same nutrients in other foods.

"2. Fruits and vegetables: All fruits and vegetables don't do the same job in the diet. Some, like potatoes, give more energy than others, pound for pound, or dime for dime. Some, like tomatoes, are more valuable for their vitamins. Divide them this way and choose some of each type: Potatoes in one group; tomatoes and citrus fruits in another group; green, yellow, and leafy vegetables in a third group.

"3. Lean meat, poultry, fish, & eggs: These are the muscle-building foods because they all are good protein foods. Cheap cuts of meat for stews and pot roasts are as nutritious as steaks and chops. Look for lower quality Government grades in meat; they are as nutritious as top quality.

"4. Cereals, sweets, and fats: These are the energy foods par excellence. Some of them have other food values, too, especially whole-grain cereals, and some of the fats."

Because lots of people like to have the food experts work out diet plans for them, the Bureau of Home Economics has prepared plans for 3 good diets at different levels of cost, from low cost to high. These have been printed in the CONSUMERS' GUIDE, and are available without charge so long as the supply lasts. Write the Consumers' Counsel Division, U. S. Department of Agriculture, Washington, D. C.

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A WRINGER MUST BE SAFE

"First safety rule when you buy a washing machine is to get one with a safety release that works easily," declares the CONSUMERS' GUIDE, published by the Consumers' Counsel Division of the Department of Agriculture. "The release should not only spread the rolls; it should also automatically cut the power when touched.

"Rolls of the wringer should be easily accessible for cleaning and wiping, with all gears enclosed and no loose joints where oil might drop on clothes. As to choosing between rolls of hard rubber and rolls of soft rubber, you will have to make your own decision. No research so far has conclusively proved the advantage of one over the other. Hard rolls may injure buttons or hooks, but they last longer. Soft rolls are said to adjust more easily to various thicknesses of material, to be easy on buttons, but to wear out more rapidly. Some manufacturers compromise with either two semi-soft rolls, or one hard roll and one soft one.

"Ask to see the wringer in action before you buy. Then you can tell for yourself how efficient is the safety release, and whether or not the drain board reverses itself automatically, as it should. Swing the wringer into various positions to be sure it doesn't wobble or lose balance when set away from the tub.

"If you get a 'spinner basket' in place of a wringer be sure all the rotating parts are enclosed. A safety feature to look for, in a high-speed drier, is a cover that can't possibly be removed until the spinner has stopped revolving. Make sure the spinner basket is removable so that it can be cleaned and dried after each wash."

ON THE AIR

CONSUMER TIME will bring listeners information on the differences between pure dye silk and weighted silk, and advice on how to guard against trichinosis during its broadcast on Saturday morning, February 8, at 11:15 A.M., Eastern Standard Time.

The program, a weekly feature for consumers to help them become better buyers and homemakers, is heard over the Nation-wide Red Network of the National Broadcasting Company. It is sponsored jointly by the General Federation of Women's Clubs and the Consumers' Counsel Division of the U. S. Department of Agriculture.

If you want to know the call letters of the station nearest you to whom the program is made available, write to the Consumers' Counsel Division, Department of Agriculture, Washington, D. C., giving the city and State where you live.

THE FARMERS' STAKE IN CONSUMER WELFARE

"The farmers' stake in consumer welfare parallels the Nation's stake in farm welfare," says Donald E. Montgomery, Consumers' Counsel of the U. S. Department of Agriculture, in his recent annual report to the Secretary of Agriculture.

"There are 2 wheels to a cart; unless both are in working condition the cart can't bring products of the farm to town or carry back city products to the farm. Farmers have a stake in consumer welfare because agriculture depends upon purchasing power in the hands of consumers, both urban and rural, to provide a market for farm products. The income and expenditures of consumers are the sources of farm income.

"Farmers have another stake in consumer welfare, their own consumer interest. They are food consumers, too. Not only does the average farm's expenditure for living purposes account for more than half of its total outlay for living and productive operations, but, as with the city family, its expenditure for purchased food is the largest single item in the budget. Sixteen percent of the total outlay of the average farm is estimated to have been spent for purchased food in 1935-36."

WHAT GRADE OF EGGS DO YOU BUY?

There are 4 grades consumers find on the carton seals of eggs graded according to the Federal Government's quality standards, informs the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture.

"These are: U. S. Special - the kind to buy for convalescents; very few on the market; may be marked 'Retail Grade AA.' U. S. Extra - top grade in most markets; satisfactory for breakfast eggs; may be marked 'Retail Grade A'. U. S. Standard - satisfactory for cooking; if sold under seals authorized by the Department of Agriculture must be marked 'Retail Grade B'. U. S. Trade - suitable for preparing dishes where egg flavor does not count much.

"Under the egg regulations of the Agricultural Marketing Service all these grades may be accorded to storage eggs as well as fresh ones. Storage eggs of the 2 top grades, U. S. Special and U. S. Extra, however, must be labeled as storage eggs when sold under authorized seals. Storage eggs of the third grade, U. S. Standard or Grade B, are not required to bear an identifying mark or storage on the seal. However, any person who ships in interstate commerce storage eggs which are labeled 'Fresh' is liable to prosecution for misbranding under the Food and Drug Act.

"Since time has so much to do with the quality of eggs, labels under the system of Federal grading bear not only the grade but also the date when the grading was done. This date is important, because unless eggs are carefully refrigerated they drop in quality as time goes on.

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"Size of eggs, too, is important. Every consumer knows what a gamble he takes on the amount of egg in a dozen unless he buys the graded kind. United States Government grades specify the weight and size of the eggs in the top 3 grades. Under present requirements, if 'U. S. Specials' and 'U. S. Extras' are sold under certificates of quality, or 'U. S. Standards' are sold under seals, they are identified as 'Large,' 'Medium,' or 'Small.'

CLEAN SILVER THIS WAY

Use a little kitchen chemistry when you clean your table silver, advise experts in the Department of Agriculture.

One way is to put your silver in a big enamelware container then add (1) an aluminum plate or other aluminum article; (2) enough hot water to cover the articles; (3) baking soda; and (4) some salt. Use a teaspoon of salt and a teaspoon of baking soda for every quart of hot water.

You can use an aluminum pot instead of an enamelware one, thus eliminating the need of putting an aluminum article in with the silver. In any case, the aluminum should be bright and shiny.

Leave the silver in the water for only a few seconds for the tarnish to come off, then wash it with soap and hot water, and rinse with clear hot water.

This method will not leave the silver as shiny as rubbing each piece with silver polish will, but it will remove tarnish. The aluminum may darken because of the chemical reaction, but you can continue to use it for cooking and other purposes.

CONSUMER NOTES

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FEB 25 1941

FEBRUARY 24, 1941

WORKING FROM THE BOTTOM UP

"I submit that our democracy, if it is to be strong and unassailable, must give serious and continuous attention to the problem of bettering the lot of the low-income groups in cities and on farms. It is only common sense to do this. Raise their incomes and you raise their buying power. Raise their buying power and you create new markets for the production of our machine industry and increasingly mechanized agriculture. That seems to be about the only place we can look for new markets in the world as it is today, and certainly it is the first place we would want to look for new markets. We are our brothers' keepers. And they are also our keepers. We will be economically stronger and also morally and psychologically stronger as we make the American dream come true for more and more Americans.

"We have tested out the theory that economic well-being would trickle down from the top if you just let the people at the top of the heap go their own way in their wisdom. That theory was murdered by a gang of brutal facts in the early 1930's. It didn't work!

"We know now that we have to find a workable way of generating economic well-being at the bottom by increasing the consuming power of the lowest-income group."

—From a recent speech by Secretary of Agriculture, Hon. Claude R. Wickard.

KEEP FURNITURE IN CONDITION

When your furniture turns dull, or breaks out in white spots, or becomes scratched up, you can't very well send it to the cleaners for a going over. But there are simple household remedies to get rid of these blemishes, suggested by the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture:

"If highly polished furniture becomes 'foggy' make a mixture of a quart of clear water and a tablespoon of vinegar and apply it to the surface, being sure to rub with the grain," advises the GUIDE.

"White spots on furniture that has been finished with shellac may sometimes be removed by rubbing lightly with a soft cloth moistened with denatured alcohol diluted half and half with water, but alcohol should be used with care to avoid cutting through the shellac coating. If the finish on the furniture is varnish, white spots can usually be removed by rubbing lightly with a piece of flannel dampened with essence of peppermint or spirits of camphor, followed after a few minutes with an application of furniture polish.

"Scratches usually must be repaired by a specialist. But if you are artistically inclined, you can do the job yourself by applying a tint slightly lighter than the wood to the scratch, being careful not to overdo the application. Then fill in the scratch with white shellac, using a white camel's hair brush. Use light, delicate strokes to avoid leaving a lump on the finish."

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February 24, 1941

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MAKE THE MOST OF YOUR VEGETABLES

Insist on getting turnip and beet tops, and don't throw away the outside leaves of lettuce when you buy vegetables, if you want to be sure of getting all the vitamins and minerals you pay for, advises the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U.S. Department of Agriculture.

"Turnip and beet tops, and cauliflower leaves contain valuable nutrients. Prepared like other leafy green foods, they make tasty and valuable foods.

"When you prepare vegetables, save the cooking liquid and use it in soups. There are health-giving vitamins and minerals dissolved in that liquid.

"The liquid in which canned peas and asparagus and lima beans and other canned foods are packed also has food value. Sometimes these liquids can be blended into a vegetable juice to drink just like tomato juice. Or they can be used in soups. They certainly shouldn't be poured down drains.

"Left-over vegetables can go into stews, or they can be folded into omelets.

"Shop around when you buy fruits and vegetables to find out where they are cheapest. When you can, get your neighbors to join with you in buying apples and oranges, peaches and tomatoes, in quantity, by the crate or the box or the basket. --Then divide up. See how much you can save this way.

"When oranges become expensive, incidentally, canned tomatoes can take their place in the diet cheaply, for the Vitamin C you need every day."

ON THE AIR

If you want to know what to look for when you buy a gas stove, tune in to Consumer Time, weekly radio broadcast for consumers, on Saturday morning, March 1, at 11:15 A.M., Eastern Standard Time. Consumer reporters from the U.S. Department of Agriculture will bring listeners practical hints on points to check when buying a gas stove.

They will also report on what are the cheaper cuts of beef and how to cook them.

CONSUMER TIME is presented every Saturday morning by the Consumers' Counsel Division of the Department of Agriculture in cooperation with the General Federation of Women's Clubs. It is heard over the Red Network of the National Broadcasting Company.

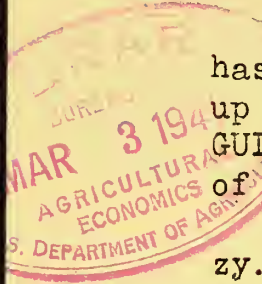
● CONSUMER NOTES

CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME III, NUMBER 43

MARCH 3, 1941.

MAKING COTTON STOCKINGS ATTRACTIVE



"In the past year, a new type of cotton stocking has appeared, full fashioned to fit the leg, and made up in fashionable colors," informs the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture.

"Unlike the old type cotton hose, these are not fuzzy. The yarn from which they are knit has been combed, mercerized, and gassed to rid it of fuzz and give it an attractive luster.

"These latest cotton hose are the direct result of research by the Bureau of Home Economics of the U. S. Department of Agriculture. In the past 2 years, this Bureau has designed over 80 styles of good-looking, full-fashioned cotton hose. Since these designs have been released to the trade, a number of manufacturers have begun making up some of them, and these are already available at retail stores.

"Styles designed by the Bureau include nurses' stockings, cobweb meshes, many novelty sports weaves, and several types of hose for special purposes. Special emphasis is being kept on hose for service and sports wear.

"In designing these hose,' according to the hosiery technician of the Bureau of Home Economics, 'it has not been our purpose to find something to replace silk, rayon, and synthetics. Rather, we think there is a place in every woman's wardrobe for cotton stockings, just as every woman needs some dresses for parties and some for work about the house.

"Cotton hosiery is a natural for service wear, and we want to make it just as wearable and as attractive as we possibly can'."

RULES FOR GOOD LIGHTING

"Good lighting requires freedom from glare, the elimination of shadows, and the avoidance of sharp contrast between lighted articles and their background," writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Glare is misplaced brightness. It can usually be minimized by shading the light bulb with a material that softens the light, and by placing the light well above the level of the eyes. Milk glass or plastic bowls are anti-glare; so are shades made of parchment paper or light-weight, light-colored silks.

"Reflected light may cause glare too. Mirrors, pictures, table tops, glossy paper, shiny objects may throw dazzling light into the eyes. Sometimes you can just remove the offending object; sometimes it means covering a glass topped table, or a too shiny table top or desk.

"The darker the paint on your walls and ceilings the
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more light you need for seeing. Lightness of ceilings particularly is crucial where modern upward shining indirect lighting is used. Paint finishes on walls and ceilings should be dull surfaces. Dullness diffuses an easy comfortable light while glossy finishes cause glare.

"Sharp contrasts in lighting come from a bright light that shines on an object in an otherwise dark room. The sharpness can be smoothed down by using general illumination in a room as well as a brighter light which shines on your book or your sewing or the children's lessons.

"Most lamps give both direct and indirect light, the direct light giving light right on what you are doing, the indirect light furnishing general illumination to cut down shadows and to round off sharp contrasts."

WHAT ARE THE CHARACTERISTICS OF GOOD BREAD?

"Until there is widespread adoption of Federal standards for bread labeling, consumers can get some help in their selection of bread by noting some simple quality guides," says the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Quality is determined by the ingredients used, the way in which they are mixed, and the fermenting and baking of the dough. While consumers can't get much information on these questions without following the ingredients of their loaves from the first mixing 'till the loaves come out of the oven, certain characteristics in the finished product can help them choose wisely.

"Color: Color will vary with kind of flour used. All bread should have a satiny luster, show no streaks, not have a grayish cast but be creamy white to brown.

"Grain: Grain should be fine, no large holes, even texture with thin cell walls. Loaves from other than white flour usually have smaller volume for same weight.

"Texture: Texture should be elastic, the degree of elasticity varying with the kind of flour.

"Loaf: Loaf should be symmetrical, with an evenly rounded top and even browning -- not too dark.

"Flavor: White Bread - that of well-blended ingredients and well-baked loaf; no suggestion of sourness, yeast, mustiness, or other off flavors; salt enough to prevent flat taste. Graham and whole-wheat bread should have pronounced whole-grain flavor."

ON THE AIR

Do you know how to dye garments in your washing machine? If you don't tune in to CONSUMER TIME, the Saturday morning consumer broadcast, on March 8, 1941, at 11:15 A.M., Eastern Standard Time. Consumer reporters from the Department of Agriculture will bring you laboratory-proven information from Department of Agriculture experts on the best methods for using dyes.

They will also tell listeners quality points to look for when buying fish.

The program, heard weekly over the Red Network of the National Broadcasting Company, is presented by the Consumers' Counsel Division of the Department of Agriculture, in cooperation with the General Federation of Women's Clubs.

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VOLUME III, NUMBER 44

MARCH 10, 1941

BUILDING FARM MARKETS AT HOME

"The unsatisfied wants of millions of our citizens offer a challenge and an opportunity to increase domestic distribution of agricultural products," declares Milo Perkins, Administrator of the Surplus Marketing Administration of the Department of Agriculture, in his recent annual report.

"Families who are forced to live at the 5-cents-a-meal level cannot buy the amounts or kinds of food they need. They do not get enough of fruits and vegetables, of dairy and poultry products, or of meats. Neither can they buy adequate supplies of clothing and household goods. Studies show that families of four with incomes of \$500 a year or less spend only \$17 a year for cotton goods, as against expenditures of \$111 a year for families of four making \$5,000 a year or over.

"If all families earning less than \$100 a month could bring their incomes up to that level, the national expenditure for food alone would increase by approximately 2 billion dollars a year, about half of which would go back to the farmer, thus raising the price level for his entire production. In the same way, low-income families would increase their cotton purchases materially if they had more buying power. In one way or another this untapped market must be reached..."

BUYING A REFRIGERATOR THIS SPRING?

Check the size, as well as the price, when you buy a refrigerator, advises the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture. "Don't guess the size yourself," says the GUIDE. "If the information isn't on the label, insist on it from the salesman.

"Experts say a 5 cubic foot refrigerator is minimum size for 2 people, and a family of 4 will need a 6 cubic foot refrigerator. Add a cubic foot for every additional 2 members in the family.

"You also have to take your special needs into consideration. If you live within a stone's throw of the grocery store, this space may be sufficient. People 20 miles out on a country road will need a slightly larger box. Urban families who entertain a lot and farm families who use their family refrigerator to keep their dairy products cool until market time will need more space than the amount which the Bureau of Home Economics recommends for average families.

"Check the amount of shelf space, too. Refrigerators of the same cubic footage do not always have the same number of square feet of shelf space. When buying a refrigerator you should see whether there is enough distance between the shelves for the containers you use, and enough room on the milk shelf for milk and tall beverage bottles."

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DON'T BELIEVE THESE MILK FALLACIES

CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture, lists some popular fallacies about milk and says this about them:

"Fallacy: Thunder sours milk and cream. Fact: Thunder does not sour milk and cream. These products are soured by bacteria which multiply most rapidly in warm milk or cream during warm months, and thunderstorms usually occur in warm weather. Milk and cream kept in a refrigerator at proper temperatures are in no danger from hot weather.

"Fallacy: Milk products should not be eaten in combination with fish or meat. Fact: Actually dietitians say that any foods which can be eaten separately can be eaten in combination with equal safety.

"Fallacy: Skim milk is worthless. Fact: Skim milk contains the important milk minerals, milk sugar, milk proteins, and Vitamin G (riboflavin). For these nutrients it is just as valuable a food as whole milk.

"Fallacy: Pasteurized milk doesn't taste as good as raw milk. Fact: Actually, taste tests show that properly pasteurized milk cannot be told from raw milk.

"Fallacy: Milk is a perfect food. Fact: There is no one food now known which contains all the nutrients necessary for health. Milk, for example, is a poor source of iron, and while it contains Vitamins A, B₁, D, and G (riboflavin), it is a poor source of ascorbic acid (Vitamin C). It is an excellent food, nutritionists say, highly desirable in the diet, but it is not a patient medicine or a panacea."

ON THE AIR

If you have a leaky faucet, or your plumbing has gone bad, you may have to call in a plumber, or you may be able to do the repairs yourself. CONSUMER TIME, Saturday morning broadcast for consumers, will bring listeners information on how to make their own plumbing repairs during its broadcast on March 15, at 11:15 A.M., Eastern Standard Time.

The program is heard over the Red Network of the National Broadcasting Company.

Also on the March 15 program, reporters from the Department of Agriculture will tell consumers quality guides to look for when they buy onions.

CONSUMER TIME is presented by the Consumers Counsel Division of the Department of Agriculture, in cooperation with the General Federation of Women's Clubs. A feature of the program is the announcement of free Government bulletins to help consumers solve their buying problems.

CONSUMER NOTES

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March 17, 1941.

CHILDREN'S CORNER

Here's a game to test the food I. Q. of the younger members of the family -- and which might be tried out by adults, too. It appears in the recent Junior Issue of the CONSUMERS' GUIDE, which is published by the Consumers' Counsel Division of the U. S. Department of Agriculture.

"Each player takes a piece of paper and draws 5 lines down the length of the page, so there will be 6 columns.

"At the top of the first column, write 'Alphabet.' At the top of the other columns, write 'Fruits,' 'Vegetables,' 'Meats,' 'Fish,' 'Dairy Products.'

"Next, in the 'Alphabet' column, write the letters of the alphabet down the page: A, B, C, D, and so on. Then draw lines across the page between each 2 letters.

"Now you are ready to start. Everybody starts together. During the next 15 minutes each player writes in all the columns all the names of foods of each kind shown at the top of the page which start with the letters shown in the left-hand column.

"For instance, in the column headed 'Fruits,' alongside 'A' you could write 'Apples,' In the column, 'Vegetables,' alongside 'E' you could write 'Eggplant.'

"Don't worry if you can't find a food of each kind for every letter of the alphabet. There isn't one beginning with every letter. It's perfectly fair, though, to write in double names, like 'evaporated milk,' or 'iceberg lettuce.'

The point of the game is to see how many foods you can think of.

"After 15 minutes, see who has thought up the most foods."

KEEP AN EYE ON QUALITY IN GAS STOVES

"There's more to a gas stove than meets the eye. Because it looks well, it doesn't necessarily mean the stove will do a good job," cautions the Consumers' Counsel Division of the U. S. Department of Agriculture.

"Here are points to check on as recommended by the Bureau of Home Economics:

"1. Enclosed tops are more efficient and cheaper to use. This means each burner is enclosed separately and has its own grate. Open top stoves, not so efficient, have one grate to 2 burners, and the burners are not enclosed. Grates should be easy to clean, and be made so they'll support a small pan. They should be lightweight and sturdy, not heavy.

"2. Small burners are best, but they should support a large enough frame to cover the bottom of a large pan or skillet. A 'simmer arrangement' helps get a low flame for long, slow cooking. Holes placed at an angle -- not up and down -- or placed so the gas comes out the sides of the burner are a good check against food clogging up the burners.

"3. Look for automatic lighters, but ask for a guarantee for them when you buy.

"4. Ovens should be well-insulated. Use the 'tapping test' for this. If you get a tinny or hollow sound when you

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tap your knuckle against the oven, it may be shy on insulation. Be sure the door fits tightly, and have the regulator checked when the stove is installed.

"5. Price does not always indicate quality in gas stoves. There are good and poor stoves at different price levels. Look for the seal of the American Gas Association when you buy. This means the stove has met minimum standards of construction, performance, and safety."

VEAL CUTS AND HOW TO USE THEM

"Most cuts of veal are tender and can be made tasty and flavorful without any special cooking rules," reports the CONSUMERS' GUIDE publication of the Consumers' Counsel Division of the Department of Agriculture. "There is no difference in food value between the high-cost cuts and those costing less.

"When you buy low-cost cuts, you want to know what dishes they are best suited for and how they should be cooked. The table below tells you the cuts of veal, how they compare in cost, and how they can be used. Remember that veal from very young calves, 3 to 8 weeks old, is most plentiful from January to July. Veal from calves between 3 and 10 months old is most plentiful from June to November.

<u>CUT</u>	<u>HOW TO USE</u>
Low-Cost Cuts:	
Heel	Fricassee, pot roast, ground meat
Neck	Fricassee
Breast	Fricassee
Fore Shank	Soup, fricassee, ground meat
Medium-Cost Cuts:	
Shank	Soup, fricassee, ground meat
Rump	Pot roast
Rack	Braised chops, roast
Chuck	Pot roast, fricassee
High-Cost Cuts:	
Round	Cutlets, veal birds, roast
Loin	Braised chops, roast
Other Edible Parts:	
Heart	Stew, stuffed, braised
Kidney	Stew, meat pie, broiled
Liver	Broiled, fried, braised
Tongue, fresh, corned	Boiled
pickled, smoked	
Brains	Fried, braised, scrambled
Sweetbreads	Broiled, creamed, in salad

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VOLUME III, NUMBER 46

MARCH 24, 1941.

MORE FOOD FOR THE CITY -- MORE INCOME FOR THE FARM

"I am proud that the Department of Agriculture has helped take the lead in the effort to increase domestic consumption," said Secretary of Agriculture Claude R. Wickard in a recent address. "All along thoughtful farmers have known that this problem called over-production could be turned right around and called under-consumption.

"Thoughtful farmers have known, too, that their best potential markets were in the cities. Thousands upon thousands of city families wanted to buy more milk, more meat, more fruit, more butter, more eggs, more clothing, and more of almost everything that the farmer had to sell. But they didn't have enough buying power to purchase the extra food and clothing which they needed and wanted.

"Farmers ought to try to figure out ways to get this extra purchasing power into the hands of the poor people just as an enterprising salesman figures out ways to reach new markets. The immediate increase in the purchases of certain foods, as soon as the defense program began to increase incomes of workmen, shows what happens when conditions improve and more people have more money to spend.

"The food and cotton stamp plans, the school lunch program, and other Federal programs to increase consumption benefit farmers as well as consumers. In reality we can't benefit one group without benefiting the other."

READ YOUR SEED LABELS

Look at the label if you want to be sure the vegetable seeds you plant this spring will grow properly, is the tip of CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture.

"For the first time, the label must tell if the seeds fail to meet a standard of performance set up by Federal scientists in the Department of Agriculture," says the GUIDE. "If the seeds don't meet the standard of performance, the label must say in big, easy-to-read type, 'BELOW STANDARD.'

"Seeds meeting the standard have to be labeled only with the kind and variety of seed, and the name of the shipper or the person to whom the seeds are consigned.

"The performance standards are the percentage of seeds in one shipment guaranteed to germinate -- or to grow. Seeds not up to the standards must tell the consumer exactly what percentage will take root and grow, and the date when they were tested.

"Only seeds crossing State lines are covered by this seed labeling law. Stiff penalties are provided by the Act for shippers who misbrand their products."

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WHAT MAKES RUG QUALITY

First thing to ask when you buy a rug is whether it is all wool, is the advice of the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture. "But the amount of wool in the rug is not the only thing that decides rug quality," says the GUIDE.

"Ask whether the wool in the rug is worsted or plain. If it is worsted, chances are that the price tag of the rug is high. Worsted rugs look well and wear well for those who can afford to buy them.

"Examine the pile of the rug -- the surface formed by hundreds and hundreds of little tufts of wool. If these are sparsely placed, or are thin and sleazy, the rug will not wear well.

"The pile is fastened to the foundation by jute or cotton yarns called 'filling.' These add to the firmness of the backing. The more firm and flexible the rug back, the tighter and better woven these filling yarns are. As a test take the back of the rug firmly in your hands, pull it, examine it closely to see if the firmness comes from tightly woven yarns or merely from sizing or artificial backing put into the rug to make up for a weak, loose weave. If the rug back feels sleazy or thin, or if it lacks firmness and an elastic kind of pliability, the odds are against its being a high quality rug.

"Count the number of tufts in a square inch of pile. This is a good way to tell the closeness, and consequently, the durability of the backing construction.

"Notice the height of the pile of different kinds of rugs. Other things being equal, the higher the pile of the rug, the longer it will wear.

"Is the rug artificially treated with chemicals to impart a luster to simulate Orientals or antique rugs? Such treatment may add to the beauty of the rug, but it may also result in damage to wool fibers, weakening them, and lowering their durability. Methods of treating rugs to give them luster have been developed to minimize this damage.

"Finally, remember that 'broadloom' on the label is no index to quality. All that it means is that the rug has been woven on a broad loom -- as wide as 18 feet -- and is seamless."

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MARCH 31, 1941

Six weeks after a 5-cent milk program had been set up for low-income Washington consumers, economists in the Bureau of Home Economics asked 622 of the families how much more milk they consumed, reports CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

The 5-cent milk plan is a cooperative plan in which farmers, distributors, the Federal Government, and local relief agencies work together to make milk available to needy families at a low price. Farmers agree to accept a price for this milk which is lower than their regular price for fluid milk; distributors bid for the contract to process and distribute the milk; the Federal Government makes up the difference between the cost of the delivered milk and the price paid by relief families; and the local government agencies certify the families eligible to buy the milk.

"For all the 622 families, there was an 84 cent increase in fluid whole milk consumption," declares the GUIDE. "Consumption went from an average of 5 quarts a household a week up to an average of 9.2 quarts a week. Consumption by Negro families leaped almost 120 percent, from an average of 3.9 quarts to an average of 8.5 quarts a week. White families drank about 50 percent more milk, going from an average of 7.33 quarts a week per family to an average of 10.7 quarts.

"But that is only part of the story. Only half of the 622 families were buying nickel milk when they were visited the second time. The half of the families that did buy, jumped their weekly fluid whole milk intake from 5.7 quarts a week to 14.5 quarts a week, an average increase per family of 8.8 quarts. On the other hand, the families that didn't buy nickel milk consumed less fluid whole milk during the second period than they did before the 5-cent milk went on sale, their average consumption fell off from an average of 4.2 quarts of fluid whole milk a family a week to 3.5 quarts, an average of 0.7 quart less."

PUTTING THE HEAT ON FROZEN FOODS

Don't apply the heat too gently if you want to get the best flavor and food value out of frozen vegetables, cautions the Consumers' Counsel Division of the Department of Agriculture.

Reporting on work done with frozen foods in several Agricultural Experiment Stations, the Counsel advises these rules to follow when you buy frozen vegetables:

"First, wrap the frozen food in layers of paper to insulate them against heat on the way home, and be sure to get the food home as quickly as possible.

"Second, frozen vegetables, unlike those that are canned or stored, can't keep any length of time. They are perishable. Treat them the way you would handle ice cream. Don't keep them more than 24 hours in an ice refrigerator before

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using, although you can keep them for a few days in the freezing tray of an electric refrigerator.

"Third, cook frozen vegetables in about half the time you cook fresh vegetables. Don't thaw them first; drop them right into the hot water while still frozen. (Corn on the cob, however, should be thawed out before using.)

"If you are boiling the vegetables, use only enough salted water to cover them. Put a tight cover on the pan so the water won't boil away. Put the vegetables in the water after it has begun to boil, and use a fork to break up the solid mass of frozen food after it has thawed slightly.

"Overcooking frozen vegetables makes them poor in flavor, soft, and mushy. Two to 4 minutes is enough for frozen asparagus, cut corn, and spinach, 5 minutes for peas, 8 to 15 minutes for beans. Cook carefully so most of the water is used up and doesn't have to be drained off.

"Frozen fruit should be cooked the same way you cook fresh fruit. But if it is to be eaten raw, thaw it slowly, preferably putting the package in the refrigerator over night. Otherwise it becomes mushy and unattractive."

STOP THAT LEAKY FAUCET

Unscrewing a nut and replacing a worn washer may be all there is to fixing a leaky faucet.

Household experts in the Department of Agriculture offer this advice for stopping a leaky faucet to the amateur plumber, reports the Consumers' Counsel Division of the Department:

"First, turn off the water, either by the turn-off knob under the sink, or else in the basement.

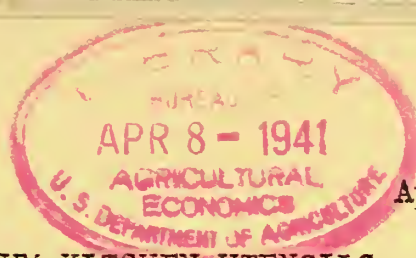
"Unscrew the six-sided nut you will find on the pipe just below the faucet handle. You will need a wrench to do this.

"Then unscrew the faucet handle and remove it and the short rod extending below it.

"At the bottom of the rod you will see a reddish rubber washer which is usually the source of the trouble. Remove the washer by loosening the screw holding it to the rod. You can get a new washer at any 5 and 10 cent store, or at a hardware store.

"Replace the rod and faucet handle in the pipe. Before you tighten up the six-sided nut, wrap some light twine or string just below the nut. This will keep water from leaking through the top of the faucet."

VOLUME III, NUMBER 48



April 7, 1941.

SUBSTITUTES FOR ALUMINUM KITCHEN UTENSILS

Consumers, who find aluminum pots and pans in coming months are beyond their reach, have other kinds of utensils to select from, reports the Consumers' Counsel Division of the Department of Agriculture.

"Here are buying tips on some of them, suggested by the Bureau of Home Economics:

"For top-of-the-stove cooking (sauce pans, double boilers, kettles, frying pans), you can use porcelain enamelware utensils. Higher prices in these may mean better quality with an acid-resistant finish, or merely that the pan has a fancy handle or unusual shape. Never boil enamelware dry. Cool it before washing. Never pour cold water into a hot enamel pan. If food sticks, loosen it with boiling water or a weak solution of soda.

"Iron also is used for top-of-the-stove cooking. It heats slowly, but holds the heat well -- making it tops for long, slow cooking. It makes good Dutch ovens, skillets, frying pans, and griddles. Ask for complete directions for 'seasoning' when you buy an iron utensil.

"Glassware for top-of-the stove cooking is coming into use. It heats slowly, and holds the heat well. You can buy glass double boilers, sauce pans, and frying pans.

"For oven cooking, there are utensils of tin, retinned steel, enamel, and glass found in cake pans and cookie sheets. Pie pans are made in tin, glass, and enamelware. Shallow open pans of Russia iron and enamelware can be used for roasting tender meats. Covered pans in the same materials are used for less tender meats. Enamelware, oven-proof earthenware, and glass are used for baking dishes.

"Aluminum utensils will last longer with proper care. Clean them with steel wool or fine, smooth scouring powder. Discoloration will come off by boiling the pan in water to which vinegar or cream of tartar has been added; or cook acid foods, such as tomatoes, applesauce, and rhubarb in the pan. Don't use strong soaps and scouring powders containing alkaline salts for cleaning since alkali darkens aluminum."

BUILDING A COMPLETE DEFENSE

"We have what it takes to build the machinery of defense and at the same time build a desirable and defensible standard of living for every man, woman, and child," declared Donald E. Montgomery, Consumers' Counsel of the Department of Agriculture, in a recent address.

"If we build war goods but do not keep up the supply of goods that go into daily living, then we shall be paying for defense by taking it out of living standards that are already dangerously low for many people.

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"If we permit speculation to run away with prices in commodity markets and in stock markets, then we consumers shall probably pay even more dearly for defense.

"But if we are able not only to keep up, but to expand to the limit of our capacity, the production of goods for civilian use and to keep them moving into the homes of people, then we shall have an America that is impregnable on the world front and an America secure in its faith that here we can make real the dreams men live by."

WHEN IS A DIET UNSAFE?

"If engineers are not sure that a bridge is more than equal to whatever demands traffic may make on it, the law in most communities requires that the bridge be posted. 'Unsafe for loads exceeding 10,000 pounds,' the sign may read.

"This does not mean that the bridge would surely collapse should one such load cross. It means that crossing the bridge in the face of warning endangers the person and is against the public interest.

"As a matter of policy, bridge builders and bridge inspectors insist on having a wide margin of safety in their structures.

"Nutritionists act on much the same principle in appraising diets. They label as 'Unsafe' or 'Poor' any diet that fails to furnish the average amount of each of the nutrients needed just to maintain the body. The person who lives continuously on diets providing less than this minimum may not be able to stand up to the stresses and strains of living.

"On the other hand, nutritionists call a diet 'Good' only if it supplies an adequate margin of safety above this minimum in protein, minerals, and vitamins.

"Laboratory experiments and human experience indicate that proper diets not only can lengthen the entire span of life but that they also can lengthen the active, fruitful period, postponing the effects of advancing age. They can make old age itself more healthful, less a period to be looked forward to with dread, and less of a burden on society."

--Dr. Hazel K. Stiebeling, Senior Food Economist,
U. S. Bureau of Home Economics (From "Are We
Well Fed," for sale by the Superintendent of
Documents, Washington, D. C., 15 cents.)

CONSUMER NOTES

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April 14, 1941.

STAMP PLANNING A NEW WAY

APR 11 1941

"Some of the cotton surplus, which for years has been a burden on the back of cotton farmers, is now being turned into clothes on their back instead," CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture, reports in a story on the new Cotton Stamp Plan.

"There are 2 1/2 million cotton-growing families in 19 southern States, great numbers of whom are poor, ill-fed, ill-clothed, and ill-housed," says the GUIDE. "They get on an average only \$80 a person per year. Many of them had no home gardens, no milk cows, no hogs and no chickens, before the new Cotton Stamp Plan went into effect.

"At the same time there were 10 1/2 million bales of surplus cotton piled up in warehouses by the U. S. Government, for which there was no market.

"Now the Department of Agriculture says to these families: 'If you agree to reduce the amount of land used for cotton, you will receive a payment in cotton stamps.

"You can take these cotton stamps to the stores in your community and buy cotton clothes and cotton household goods with them, or you can buy cotton goods from certified mail order houses and mail the stamps in payment.

"Every family -- with certain exceptions -- can earn a top of \$25 worth of stamps."

"For each pound of cotton cut from the individual production quota under the regular cotton program, the Government pays the family 10 cents in 'cotton stamps.'

"In addition, if the land taken out of cotton production is used for growing home gardens, the family gets enough money to buy seed for a garden, if they want to use it that way. That makes for healthier and better-balanced diets.

"Altogether it is estimated that this stamp program will take a 575-thousand bale bite into the cotton surplus, what with the increase in cotton goods farm families buy and decrease in cotton grown.

"Farmers gain not only in cotton clothes they can buy and better diets they can have, but in the extra shove downward given to the mountainous surplus of cotton which keeps batting the price of cotton on the head. And out of every dollar's worth of cotton stamps spent for cotton goods, 85 cents will go to workers and the people along the line from gins and mills to retail stores."

SAVE ON HEALTH WITH DRY SKIM MILK

Three and a half ounces of dry skim milk mixed with 3-3/4 cups of water has the approximate dietary value of a quart of fluid skim milk. Add 1-1/2 ounces of butter to your diet and you have approximately the same food values as in a quart of whole milk, says the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division, of the Depart-

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ment of Agriculture.

Dry skim milk has the best keeping quality and the lowest price of any of the dried milk products. It is a particularly valuable addition to the diet of low income families. It supplies protein, minerals, milk sugar, and riboflavin at very low cost. However, it does not contain two vitamins in fluid whole milk and butter, vitamins A and D.

"If your grocer does not handle skim milk, it may sometimes be obtained from local bakers and ice cream manufacturers in small quantities.

"The Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C., has published a free pamphlet for consumers on ways to use dry skim milk."

LOOK TO YOUR LAMPS

"Lamps -- whether floor lamps or table lamps -- should be high enough to let the light spread and thus make it unnecessary to work directly under them. This also permits a lamp to be used by more than one person at a time," advises the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Shades should be wide at the base with a slight taper towards the top. They should extend down far enough to prevent the light from shining directly into the eyes. They should be light on the inside so they reflect light, and they should not have cracks in them (intentional or unintentional) which permit light to shine through them. In no case should the shade be so thin that you can see the light bulb or bowl through it.

"Some lamps bear the certification tag of the Illuminating Engineering Society (I.E.S.). The I.E.S. is a professional organization of engineers who specialize in lighting. The I.E.S. tag on a lamp means that the lamp gives light of a quality and quantity which comes up to standards worked out by illuminating engineers and which bear their approval. The tag is also an assurance that certain safety requirements have been met."

ON THE AIR

Would you like to have at your fingertips a card file of facts on shoes, sheets, bread, vacuum cleaners, or any of the other things that you purchase every day or maybe only once in 10 years?

CONSUMER TIME, weekly radio broadcast sponsored by the Consumers' Counsel Division of the U. S. Department of Agriculture and the General Federation of Women's Clubs offers this information to consumers without charge. It is printed on small, pocketbook-size index cards. Listeners are able to build up a file of tips on buying food and commodities by sending for "Consumer Tips" as they are announced every week over the air.

CONSUMER TIME is presented every Saturday morning at 11:15 A.M., E.S.T., over the Red Network of the National Broadcasting Company. The April 19 broadcast will feature information on how to buy window screens, and how to choose and cook green vegetables.

● CONSUMER NOTES

CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

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THE RIGHT WAY TO MOTH-PROOF

APR 22 1941

"Cedarized" cardboard chests or fancy gadgets in the closet don't guarantee complete protection of your winter woollens, cautions the Consumers' Counsel of the U. S. Department of Agriculture.

Experts in the Department of Agriculture say that moth-proofing methods to be effective must start with a thorough cleaning of the clothes to be stored, and end with a completely sealed chest, garment bag, or closet.

First, thoroughly clean the garments by having them dry cleaned or washed. Next best thing is to brush the clothing or blankets in the open air and then let them hang in bright sunlight for a few hours. If you do this, be sure to brush out all folds and creases just to be sure no stray moths are hiding from the sun.

When you are sure the clothes are absolutely clean, place the clothing in a bag or paper box or carton. "Cedarized" bags or chests are good only so far as they are air tight.

"Before you seal the containers, you can sprinkle a moth-killing chemical such as naphthalene, or paradichlorobenzene, or gum camphor through the folds of the clothing. A pound for the average sized trunk or box, or for every hundred cubic feet of closet space is ample. Use flakes or crystals rather than moth balls to get best results.

"If you use the chemical in a closet, sprinkle it around on the shelves in the top of the closet, or leave it in a shallow open pan on the top shelf, since the heavy fumes will sink down to the floor.

"Now seal up the closet, or trunk, or bag tight, so tight that no moth can get in. Best way to do this is to use gummed paper pasted over all cracks and openings, and even over the key hole in the closet.

"No moth proofing treatment has yet been devised that is absolutely safe. Those that contain fluorides and rotenone are best; Department experts do not recommend those containing arsenic. If a garment or blanket is guaranteed against moth damage for a given period of time, keep a record of the date you buy it, so you will be fully protected if damage occurs."

THERE'S VARIETY IN ONIONS

Onions come in all flavors, strengths, shapes, and sizes, informs the Consumers' Counsel of the U. S. Department of Agriculture, but it's a wise consumer who can tell one from the other.

"First thing you should know are onion varieties. The most common variety is the northern-grown winter storage onion. The strongest of this variety -- the kind to use for cooking -- is about 2 to 2 1/2 inches across. Spanish onions -- also the northern-grown type -- are milder and can be used for eating. You can tell these because they are larger, 4 to 5 inches across. Light yellow Spanish onions -- straw colored -- are likely to be milder than the amber, golden, and darker brown ones. Northern-grown winter onions are on the market from August through April.

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"Bermuda onions -- which don't come from Bermuda at all but from Texas -- are smaller than Spanish onions, are mild, and tops for eating raw. You can tell them from Spanish onions because they are flat. They are on the market from April through July.

"Green onions include leeks, scallions, shallots, and chives.

"Leeks are used primarily for cooking, to give distinctive flavor to stews and similar dishes. They appear in the last 4 months of the year.

"Scallions, long and slender with a tiny bulb at the end, are strong, but good raw in salads and sandwiches. January through June is their season.

"Shallots, milder and smaller than scallions, don't have a bulb at the end like scallions. Eat these raw, or use them as substitutes for Bermudas or Spanish onions in cooking. You can buy these from September through March.

"Chives are on the market October through June. These thread-like onions are quite mild with a delicate flavor.

"Northern, Bermuda, and Spanish onions should be bright, clean, hard, well-shaped, and dry. The neck should not be thick and tough, and don't use those that look wet or rotted.

"Green onions should have fresh green tops, medium sized necks, white 2 to 3 inches from the root, should be young, crisp, and tender. If tops are wilted and yellow, check whether the neck is flabby, tough, or fibrous."

CORDUROY IN THE WASH

Wash boys' medium-weight corduroy slacks, knickers and shorts in neutral soap suds, and don't iron them if you want them to be the same when they come out of the wash as when they went in, advise experts in the Bureau of Home Economics of the Department of Agriculture.

These are the rules to follow:

"Launder corduroys before they get very dirty.

"Dip the garments in neutral soap suds, and rinse 2 or 3 times.

"Press out water after each rinsing, don't wring or twist.

"Hang to dry so water drains down with the nap.

"Pull garments into shape while still damp, and brush along direction of the ribs. Press seams and pockets if necessary to give a tailored appearance, but do not press the whole garment.

"Only 5 of 12 tested corduroys were colorfast when tested in a solution of soap and soda; all faded when a bleaching compound was used."

ON THE AIR

Spring cleaning will have a place in the weekly broadcast of CONSUMER TIME, on Saturday morning, April 26, at 11:15 A.M., Eastern Standard Time, when reporters from the U. S. Department of Agriculture will tell listeners how to clean walls, and how to guard against trichinosis.

CONSUMER TIME is heard every week over the Red Network of the National Broadcasting Company. It is sponsored jointly by the Consumers' Counsel Division of the Department of Agriculture and the General Federation of Women's Clubs.

A DEMOCRATIC DEFENSE

"I would ask no one to defend a democracy which in turn would not defend everyone in the Nation against want and privation. The strength of this Nation shall not be diluted by the failure of the Government to protect the economic well-being of all citizens."

--President Roosevelt, December 29, 1940.

HOME DRY CLEANING IS NOT SAFE

Home dry cleaning is a risky business, but if you must do it, be sure you follow these safety rules, warns the Consumers' Counsel of the Department of Agriculture:

"1. Be careful.

"2. Use only a cleaning fluid that meets the standards for 'Stoddard solvent.' These standards have been defined by the National Bureau of Standards. Such a solvent is much safer than naphtha and gasoline, both of which are very explosive and inflammable. Stoddard solvent will burn but won't explode. When you buy a cleaning fluid, ask for one meeting the standards for Stoddard solvent. Preparations of this sort can be purchased at paint stores.

"3. Pick a clear sunny day, with a good breeze. Do your dry cleaning out-of-doors in a shady spot away from buildings and fire. You need 3 good-sized utensils, made out of granite or enamel, a colander, and a line to hang clothes on.

"4. Brush each garment, get rid of spots, and turn it inside out. Wash light garments first, then dark ones. In the first pan put 1 to 2 gallons of Stoddard solvent plus some benzene soap. Keep the clothes in the solution about 10 minutes, working the fluid through the garment with your hands or a plunger. NEVER RUB THE CLOTHES. Put the garment in the colander, and let it set over the pan until all excess fluid has run out. Repeat the process in the other 2 pans.

"5. Don't try to hurry up the process by using your washing machine. It is very dangerous."

GET THE RIGHT FABRIC FOR SLIP COVERS

An ideal slip cover fabric "has sufficient weight and enough strong yarns to withstand hard wear; launders easily without shrinking so much that the cover cannot be used again; and holds its color in light and washing."

That's what a new bulletin on slip covers just issued by the Bureau of Home Economics says.

"Firm, closely woven fabrics keep their shape, tailor well, are easy to work on, and stop most of the dust from sifting through onto the furniture underneath," says the bulletin. "Loosely woven, sleazy materials stretch, fray badly along cut edges, and are difficult to tailor..."

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"It is usually more economical to buy the very best material that can be afforded," advises the bulletin, adding that this does not mean the most expensive material, since exclusive designs or hand-painted fabrics may add to cost without adding to quality.

"Very inexpensive materials that fade quickly both in light and laundering, are not economical. As a rule they are filled with dressing and finishing materials that wash out and leave a coarse, flimsy, loosely woven cloth. They are not worthy of the labor spent in making the covers."

"Cotton fabrics -- which have largely replaced linens in recent years -- are usually "more closely woven, come in a wider range of patterns and weaves, wrinkle less, and so always look neater," declares the bulletin. Many cotton fabrics are more fast to light than they used to be, are pre-shrunk, are easy to launder, and are usually economical buys.

Crease-resistant and water-repellent treatments improve natural qualities of cotton fiber, says the bulletin, citing the "so-called permanently glazed chintz" as one example of this.

"When a consumer sees 'Colorfast and pre-shrunk -- residual shrinkage of this fabric does not exceed 1% -- Test CCCT 191 A' printed on the selvage, she can be fairly sure the material will not shrink so much in the first washing that the cover can no longer be used," the bulletin says. It also advises consumers to look for sunfast and colorfast guarantees or fabrics labeled "vat or indanthrene dyes."

This bulletin gives full directions for making your own slip covers. It is called "Slip Covers for Furniture, No. 1873 F" and is available free from the Office of Information, U. S. Department of Agriculture, Washington, D.C.

ON THE AIR

If you want to know how to economize on your lamb purchases this spring, listen in to CONSUMER TIME, weekly radio program for consumers on May 3, at 11:00 A.M., Eastern Standard Time.

The program heard over the Red Network of the National Broadcasting Company, will bring listeners tips on buying lower cost cuts of lamb. Consumer reporters from the Department of Agriculture will also have facts for consumers on how to select electric ranges.

Donald E. Montgomery, Consumers' Counsel of the Department of Agriculture, will be heard in his weekly message to consumers.

This program is sponsored jointly by the Consumers' Counsel and the General Federation of Women's Clubs.

AMERICA NEEDS MORE FOOD PRODUCTION

"Some people are saying even now that our principal problem is still one of surpluses," said Secretary of Agriculture Claude R. Wickard, in a recent speech. "So far as our export crops are concerned, wheat, cotton, tobacco, and another commodity or two, they're right. But so far as pork, dairy products, poultry, eggs, tomatoes, and some other foods are concerned, they're wrong, dead wrong..."

"Remember that thousands upon thousands of our own people have never had enough of the right kinds of food. We can put the food we store up to good use here and abroad. A part of any program for the defense of democracy is to be certain that our men, women, and children have enough good food to keep them strong and healthy."

HOW TO PREVENT -- AND CURE -- POISON IVY

You don't have to touch poison ivy to make your skin break out in an itching rash. "Poisoning may result from touching the plant, from handling clothing or other articles that have been in contact with ivy, or even from smoke from a burning clump of ivy," declares the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"To prevent poisoning when you know you may come in contact with the ivy in your garden or elsewhere, do this: Before contact with the plant, make a solution of 5 parts of ferric chloride in 95 parts of a half-and-half mixture of water and glycerin. Apply freely to exposed parts of the body, then allow to dry. The solution is also helpful if used immediately after contact with the plant. Applying cottonseed oil, olive oil, or vaseline before contact with the poison is also partly successful.

"If you know -- or even suspect -- you have come in contact with the plant, do this as soon as possible: Wash all exposed parts of the skin thoroughly with ordinary laundry soap and hot water. Use running water, whip up heavy lather, rinse several times. Give special attention to your finger nails and tender skin between the fingers. Don't use a brush.

"If you should develop a mild case of the poisoning, don't start your treatment with greases or ointments in the early stages of the irritation. One good remedy is a 5-percent solution of potassium permanganate applied locally. Itching is relieved by application of very hot towels or calomine lotion to the rash, or by local applications of solutions of cooking soda or of Epsom salts with bandages which should be changed frequently and kept clean.

"Call a doctor in immediately if these remedies fail to check the spread of the poisoning.

"Effect of poison sumac and poison oak is practically the same as poisoning caused by poison ivy. Use the same preventive measures. Likewise, follow the same remedies

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and call a doctor if the poisoning is severe or doesn't respond to home treatment."

PROS AND CONS OF ICE REFRIGERATORS

"A simple guide for weighing pros and cons of ice versus mechanical refrigerators is the Bureau of Home Economics list of advantages and disadvantages of ice-cooled refrigerators," reports the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"These are the advantages of an ice-cooled refrigerator: In general, the ice-cooled refrigerator is less expensive to buy than mechanical types. It is easy to install, requiring only some provision for draining. There is little to get out of order and there is no noise. The food does not freeze, nor will it dry out as quickly if left uncovered as it will in mechanical refrigerators.

"And these are the disadvantages: The temperature in ice-cooled boxes is not as a rule as low as in those mechanically-cooled. A constant temperature is more difficult to maintain than in the mechanically-cooled refrigerator. It is not always convenient to be at home when the iceman comes. Unless the drain pipe is connected with the outside, drip pans must be remembered and emptied."

ON THE AIR

CONSUMER TIME, the weekly radio program sponsored jointly by the Consumers' Counsel Division of the Department of Agriculture and the General Federation of Women's Clubs, is now on a new time schedule for the summer months.

The 15-minute Saturday morning broadcast is now heard at 12 noon, Eastern Daylight Time (11 A.M., Eastern Standard Time

The program is broadcast over the nationwide Red Network of the National Broadcasting Company. It weekly brings listeners tips on how to economize on the household budget and how to bring efficiency into household management, along with news of happenings on the consumer front.

Listen in to the next broadcast on Saturday morning, May 10. Consumer reporters will tell you how to take care of food in the summer, and how to fireproof fabrics.

